

Moraine Sailing Club -- U.S. Sailing Skills Checklist

Name: _____

Attendance Dates: _____

Level	Skill	Chalk Talk/Land Drill	On-The-Water Drill
1	Wind/Weather Awareness		
1	Steering		
1	Sail Trim		
1	Tacking		
1	Safety Position		
1	Rigging/De-rigging (flaking)	Flying Scot	Sunfish
2	Points of Sail		
2	Getting Out Of Irons		
2	Jybing		
2	Leaving a Dock		
2	Hand-Exchange		
2	Rules of the Road		
3	Upwind Sailing		
3	Downwind Sailing		
3	Returning to a Dock		
3	Crew Overboard		
3	Capsize Recovery		
*	Knots	Day 1	Day 2
*	Written Test	PASS	Re-Take

Certification Sign-off: _____